What is claimed is:

1. A camera user interface assembly comprising:

a video capture selector having at least a first operating state in which said camera captures image data at a first rate and a second user selectable operating state in which said camera captures image data at a second rate different from said first rate:

said selector being switchable between said first and second states during continuous image data capture.

- 2. The assembly of claim 1 wherein said selector is relatively progressively actuatable.
- 3. The assembly of claim 2 wherein said selector operates through variation of at least one operating parameter, said at least one operating parameter comprising at least one of:

switching time, force magnitude, displacement speed, amount of displacement, number of closed contacts, azimuth position and potentiometer resistance.

4. The assembly of claim 1 wherein said selector operates through variation of at least one operating parameter, said at least one operating parameter comprising at least one of:

force magnitude, displacement speed and number of closed contacts.

- The assembly of claim 1 wherein said selector operates through variation of the operating parameter comprising force magnitude.
 - The assembly of claim 1 and further comprising: feedback of selection of said first rate or said second rate.
- 7. The assembly of claim 6 wherein said feedback comprises at least one of:

audio notification and visual notification.

 A method of operating a camera comprising: actuating a variable-frame-rate-trigger by variation of operation of at least one operating parameter;

determining a capture frame rate as a function of said operating parameter; and

capturing image data at said capture frame rate.

- The method of claim 8 and further comprising: storing said image data.
- 10. The method of claim 8 and further comprising: outputting said image data.
- 11. The method of claim 8 and further comprising: notifying of said operating parameter.

12. A method of operating a camera comprising:

actuating a variable-frame-rate-trigger with a first user input and in response thereto capturing a first plurality of images having a first frame rate;

actuating said variable-frame-rate-trigger with a second user input, wherein said second user input is different from said first user input and in response to said second user input capturing a second plurality of images having a second frame rate, wherein said second frame rate is dependent on said second user input, and said second frame rate is different from said first frame rate; and

storing said first and second pluralities of images at said first frame rate and said second frame rate, respectively.

13. A method of creating and displaying video of an object comprising:

imaging said object on a photodetector array; in response to a first user input applied to a variable-frame-rate-trigger:

- generating a first image data set representative of said object;
- then waiting a first period of time, then generating a second image data set representative of said object immediately after said first period of time;

in response to a second user input applied to said variable-frame-rate-trigger, wherein said second user input is different then said first user input:

 generating a third image data set representative of said object; - then waiting a second period of time, then generating a fourth image data set representative of said object immediately after said second period of time, wherein said second period of time is different than said first period of time;

streaming at least said first image data set, said second image data set, and streaming said third image data set and said fourth image data set.

14. A method of capturing image data with a camera comprising:

determining a frame rate for future image capture based upon a user input provided while the camera is simultaneously capturing image data; then capturing further image data at said

determined frame rate; and

storing said captured image data.

- 15. A camera user interface comprising: means for capturing frames at a frame rate; means for selectively varying said frame rate while capturing said frames; and means for storing said captured frames.

means for notifying of said frame rate.

 ${\it 17.} \quad {\it A \ camera \ comprising \ a \ variable\mbox{-}frame\mbox{-}rate-trigger.}$